

Lindsay

Age: 36

Profession: I'm a Call Handler for the emergency services, part time Psychology degree student, Baby-wearing Consultant, Sling Librarian and I've just started the foundation training to be a breastfeeding counsellor

Star sign: Aries

Favourite food: Cake! Particularly cakes that I made!

Favourite exercise: Horse Riding

What makes you the most happy? My Children

What makes you sad? The thought that I could have left my children without a mummy.

The Clot Story

At what age did you have your first clot? 35

Where were your clots? From my upper thigh to belly button.

What caused your clot? Combination of tummy bug caused dehydration, a week later I had a caesarean with third baby aka "Moomin" which prompted the use of fragmin injections for 7 days. Nearly two weeks later I had an infection, and had aching legs. I then had a painful leg and feeling breathless. Then I couldn't walk and called 111. An ambulance came while the paramedic checked me over my leg went numb so I was taken in.

Main causes could be caesarean/dehydration from tummy bug.

What has changed for you emotionally and physically since having your clot? For the first few months it was getting my head around how close it was, after learning about stories in the media. Getting my head around the enormity about it all.



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I had a call to say to stop my warfarin to enable them to test me to see what caused my clots. A pill I have taken every day which became my safety blanket. I felt a bit lost, and pushed out to sea without a boat. I have post thrombotic syndrome, thankfully not badly. They ache if it's raining, my husband will ask how my legs are to gauge the weather for his goal.

Did it change your life? And if so for better or for worse? When "Moomin" was born I couldn't walk for a month so we were forced to spend days in bed together. It helped her development levels, breast feeding and natural parenting.

Why do you want to raise awareness of blood clots? Because I had no idea! When I had the clot I think I knew something was wrong, I didn't know for sure and I didn't want to think that it was a clot. We called 111 to prove my partner wrong because he didn't think there was anything wrong with me.

If a friend or family were to describe your journey what would they say? My husband would say it was a learning curve for us as a family, he has learnt that he can cope with the kids without me. I think he appreciates having me around and what I am to the family. My best friend was really helpful and there for me when I was in hospital, she really helped with Moomin too. She would come and visit and bring the things girls need.

I am frustrated because there isn't a consultant for DVT, it was months before I could see a vascular consultant. GPs don't know enough about clots. I was given blood thinners and told to take them for six months and it will probably go away on its own. I would have liked to have been under observation. There is a lot of support for post-natal but not for blood clots. Six scans were provided for checked on baby, but when I wanted one to see if my clots had gone I was refused.

